

Whiting Tower



Seventy-two Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
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Forging Wings for the Fleet
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Naval Air Station Whiting Field Alumnus Travels Beyond the Exosphere

By: Jay Cope, NAS Whiting Field Public Affairs

Editors Note: As the "Backbone of Naval Aviation," Naval Air Station Whiting Field has a proud history of training student military aviators to become the best pilots in the world. Training Air Wing FIVE establishes the foundation of skill and dedication that is necessary for each officer/aviator to succeed. As they transition to more advanced helicopters, jets, or propeller driven aircraft, a few select individuals may eventually find themselves in a pipeline that is, literally, out of this world. Military pilots are an important source of NASA astronauts, and more than a few who had "The Right Stuff" have been trained here at NAS Whiting Field. This is the second in a series of three stories to focus on the NAS Whiting Field aviators who went on to great careers in the military, in space, and

Cover Photo: A Student Aviator and Instructor getting ready to depart the new Bravo Line awning for a great day of flying at Naval Air Station Whiting Field. Photo by ENS Antonio Gemma More'.

The Whiting Tower

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Jay Cope

Public Affairs Staff

Lt.j.g. Andrew Bertucci

Ensign Matthew Hughes

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beyond.

Most weekdays, Naval Air Station (NAS) Whiting Field is awash with young student naval aviators wearing flight suits marked with small gold or silver bars. These aspiring pilots are embarking on a journey that will include placing the Wings of Gold on their chest. However, that



NASA Astronaut Sunita Williams. Photo courtesy of NASA.

milestone is only a step on the journey, not its culmination – even though the students cannot see the rest of the path yet.

Capt. Sunita Lyn "Suni" Williams certainly
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Voting Season Help for Upcoming Primaries

By: Ensign Matthew Hughes, Public Affairs Staff

Voting season for both the upcoming primary and general elections is fast approaching! Many individuals have questions concerning how to register to vote, whether or not they need an absentee ballot, and when their state's elections will be held. Everyone's vote counts and a few simple steps are all it takes to secure the opportunity to vote this election season.

Florida non-residents stationed at Naval Air Station Whiting Field (NAS Whiting Field), or Florida residents facing an upcoming PCS or deployment, will most likely have to request an absentee ballot from their home state. Absentee ballots can take time to receive, so voters should request their ballots early.

NAS Whiting Field's Voting Assistance Officer, Chief Aviation Boatswain's Mate Roland Wright,

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Secretary of the Navy Ray Mabus Names Virginia-Class Submarine

By: Secretary of the Navy Public Affairs

SALT LAKE CITY, Utah (NNS) -- Secretary of the Navy Ray Mabus hosted a ship-naming ceremony Jan. 19 to announce SSN 801, a Virginia-class attack submarine, will bear the name USS Utah.

The submarine will be named to honor the history its namesake state has with the Navy.

Utah was home to the Naval Supply Depot Clearfield, which by the end of World War II was the world's largest naval supply. It boasted approximately 16 million total square feet and employed nearly 8,000 civilian employees. It was responsible for buying and selling ship equipment and supplies and for managing the movement of personnel for three West Coast ports that attended to



Secretary of the Navy Ray Mabus.

the Pacific Fleet. In addition, the depot distributed automotive and other material for selected activities in three naval districts stretching from North Dakota to Texas.

The future USS Utah will be the second naval vessel to bear the name; the first, a battleship designated BB-31, was commissioned in 1911 and had a long, honorable time in service. The early part of BB-31's career was spent conducting gunnery and torpedo defense exercises.

In 1914, BB-31 became involved in the Mexican Civil War when

it assisted in transporting Mexican refugees to Tampico. Following this mission, it was charged with searching for SS Ypiranga, the German ship that was carrying munitions for the Mexican dictator Victoriano Huerta. After this search proved unfruitful, BB-31's battalion spent the next two months fighting in Vera Cruz. Seven men from her battalion earned Medals of Honor as a result of their actions during this time.

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This Day in Naval History

Jan. 26

1913 - The body of John Paul Jones is laid in its final resting place in the Chapel of the Naval Academy, Annapolis, Md.

Jan. 27

1952 - US Navy carrier aircraft cut the Korean railroad, a constant target during the Korean War, in 165 places, a record for a single days aircraft operations by Fast Carrier Task Force (TF 77).

Jan. 28

1944 - PB4Y-1 (VB 103) aircraft sink German submarine, U 271, off Limerick, Ireland.

Jan. 28

1986 - The Space Shuttle Challenger tragically explodes early in its boost phase, killing all seven astronauts, including Navy Cmdr. Michael Smith.

Jan 29

1944 - The battleship USS Missouri (BB 63) is christened. Built at the New York Navy Yard, her keel was laid on Jan. 6, 1941. After her christening and launching Jan. 29, she is completed rapidly, commissioning on June 11 of the same year, the last battleship to enter active service in the U.S. Navy.



USS Missouri (BB 63) Commissioned
USS Missouri, an Iowa class battleship built by the New York Navy Yard, was commissioned on 11 June 1944. She arrived in the Pacific war zone in January 1945, supporting the Iwo Jima invasion, the Ryukyus campaign and raids on Japan's home islands.

Alumnus

- (Cont. from Page 2)

couldn't have known that her time at NAS Whiting Field would establish the foundation of a career that has encompassed helicopter flight landings on destroyers at sea, pushing the limits of aircraft as a test pilot, and even performing extra-vehicular walks in space.

Recently, while flying over NAS Whiting Field, Williams remembered how green she was as a fledgling, "wanna-be", pilot and joked to her fellow-pilot, that she was glad they were up here at 30,000 feet, "cause down there, they are still figuring out where they are going."

While she meant that statement literally, figuratively the statement is true as well. A little less than 30 years ago, she was the student learning where she was going with T-34 Turbo Mentor aircraft at the installation's North Field, but she was also still trying to figure out her path as an aviator. Originally, Williams wanted to be a veterinarian, but when that door closed to her, she opened another and attended the Naval Academy to earn her Physical Science degree.

Following a six-month assignment with Naval Coastal System Command where she earned designation as a Basic Diving Officer, Williams reported to Naval Aviation Training Command. She completed her basic ground school course work at Naval Air Station Pensacola before starting flight training at NAS Whiting Field. She remembers it fondly, yet the intensity of the training and the new experience of flying were stressful as well.

"We all went through the Cradle of Naval Aviation and I have all sorts of memories from that time, but my feet weren't really set on the ground yet... NAS Whiting Field was my first smell of jet fuel on the flight line at North Field. It was just something that I wasn't exposed too before. [Flight Training] was a little overwhelming, nerve-wracking and scary at first."

Williams completed primary flight training and progressed to helicopter flight training at South Field. She earned her wings in 1989, and understandably, having her mom "punch" on her wings is her greatest memory. However, her first time hovering and the help of the instructors play prominent roles as

well.

"There were great people there and they helped take me from a fledgling new officer to being very confident in the aircraft," she said. "Being an officer is instilled in you...There is a friendly competition to do your best and to be the best for your squadron. That's when you start to realize that you are a part of something bigger than yourself. The training at NAS Whiting Field is a stepping stone for a new officer to become part of a big team."

That "stepping stone" led to an assignment with Helicopter Combat Support Squadron EIGHT in Norfolk, Va. to fly the H-46 Seaknight helicopter. Williams deployed overseas to the Mediterranean and Red Seas in support of Desert Shield and served as Officer-in-Charge of a detachment sent to fly relief operations in Southern Florida following Hurricane Andrew in 1992.

She states that these deployments set the stage for the next step in her career as a test pilot. In addition to flying while on deployment, she worked on the aircraft with the maintenance teams. With her engineering degree, she was always interested in aerodynamics

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Ec-nomics

MYTH - Setting back the thermostat of a heat pump when the house is unoccupied during the day or while the occupants are asleep at night saves energy.

REALITY - When a heat pump is in its heating mode, setting back a conventional heat pump thermostat can cause the unit to operate inefficiently, thereby canceling out any savings achieved by lowering the temperature setting. Maintaining a moderate setting is the most cost-effective practice. Some companies sell setback thermostats specially designed for heat pumps. These thermostats can be set back to save energy. In the cooling mode, a heat pump operates like an air conditioner; manually turning up the temperature setting on both conventional and setback heat pump thermostats will save you energy and money.

Ice Flyers Tickets

ITT has discount center ice tickets (not glass) for only \$17.00 each. Can be exchanged for any game, no limit. Games notated "Military Appreciation" are discounted at the door for only \$13.00. Contact Community Recreation-ITT with any questions.

ITT Specials

- Disney Cruise Line -- Military Rate for a 6 Night Eastern Caribbean Cruise from Galveston, ports are St. Thomas/St. John, US Virgin Islands & Tortola, British Virgin Islands. Example; for 2 adults & 2 children \$2,974 includes port fees & on board gratuities
- 2016 Annual Travel Extravaganza – Feb. 26 from 10 a.m. – 1 p.m. at the NAS Whiting Field Atrium. ITT will host vendors from Florida, Georgia, Louisiana and more. Come and see all that is available to you through your Community Recreation ITT office right here at Whiting Field. Door prizes will be given away.

Color Vibe 5K

Registrations are being accepted for the Color Vibe 5K run in Pensacola Feb. 27 at the Vince J. Whibbs Maritime Park Amphitheater. For more details and to register go to www.thecolorvibe.com, and use coupon code FREEDOM for \$10 off.

Chaplain's Corner

February is "Celebrate Love" month and the Chaplains Office is putting on a romantic evening for couples at Hemingway's Island Grill with Husband/Wife Guest Speaker Team Jay and Laura Laffoon. The event takes place on Feb. 6th from 6:00 p.m. to 8:30 p.m. Register for the event at the Chaplains Office. The Chaplains Office is also offering commitment renewal for you and your spouse Feb. 11th from 11:30 a.m. to 12:30 p.m. in the Chapel.

CO's Suggestion Box STOMP Workshop

http://cnic.navy.mil/regions/cnrse/installations/nas_whiting_field/about/cosuggestion.html.

Personal Resilience Retreat

The all-inclusive, no-cost PRR begins Friday Feb. 19th and concludes Sunday Feb. 21st at the Perdido Beach Resort. Lodging, food, information and inspiration are provided; you provide your own transportation, but if that is a problem contact us. Open to



Reaching for the Future

First Class Petty Officers of Naval Air Station Whiting Field take the Chief Petty Officer exam early in the morning Jan. 21st. Hopefully will be their first step to becoming Chief Petty Officers later this year. Photo by LT J.G. Andrew Bertucci.

active and reserve duty service and family members only. Our Personal Resiliency Retreat (PRR) will help foster your personal holistic growth including physical, psychological, emotional, and spiritual aspects. To register contact CREDO Facilitator email: tony.bradford.ctr@navy.mil or call: (850) 452-2093/Retreat Location: Perdido Beach Resort 27200 Perdido Beach Blvd, Orange Beach, AL 36561

Command Climate Survey

NAS Whiting Field Command Climate Survey will commence on Feb. 1st through Feb. 19th. Officer's, Enlisted, GS, and NAF personnel are encouraged to participate. Point of Contact: Brian Kerns and Francis Beaudoin. Phone: 850-623-7372

NEX Specials and Rewards

- Military Star Card Offer Special - Interested in upgrading to a new computer, TV or camera? When using a MILITARY STAR® Card, customers will enjoy no interest and no payments for one year. Offer valid in stores from February 10 - 23 with a minimum purchase of \$699.
- A-OK Student Reward Program - The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be at the end of Feb. 2016. To enter, stop by NEX with a current report card and have a NEX associate verify the eligibility.

NAS Whiting Field Commissary Nominated for Best Small Commissary Award

By Lt J.G. Bertucci, NAS Whiting Field Public Affairs

Although it should not come as a surprise to the Commissary team due to their hard work and dedication, Store Director Kristi Linn was surprised upon hearing the store was nominated for the Best Small Commissary Award. Naval Air Station Whiting Field's on-base Commissary has been nominated for the award of Best Small Commissary. Kristi Linn, Store Director, was surprised by the nomination as she was not aware that they had been nominated.

"We were just operating as we normally do so when I was informed we had been nominated for an award I was surprised as I did not know we were in a competition," Kristi Linn said.

To qualify for the Richard M. Paget Best Small Commissary Award the Commissary had to meet a variety of rigorous criteria such as safety, cleanliness, sales, outreach/on base presence, and customer communication in regards to feedback. Ten other stores were nominated in this category with two of them being from the Defense Commissary Agency (DECA) Central Area.

The Commissary met and even exceeded the criteria set for safety as they had not had a single accident in the past two years. The Commissary's outreach and presence on base has been visible with their Poker Run last year, Family Health Festival, the FED feeds families program, and even offering tours for the kids in the NASWF daycare center.

The staff also implemented a new program called the Early Bird in August which runs from 7 to 9 a.m. These early store hours are from Tuesday to Friday and allow customers to buy 10 items or less using the



Shoppers browse one of the many aisles at Naval Air Station Whiting Field's Commissary. The Commissary has a new early bird store hours from 7 a.m. to 9 a.m. Monday through Friday. U.S. Navy photo by Jay Cope.

self-checkout, however, if you need to buy more the staff is more than happy to assist you at the cash register. This new program gives variety to those arriving to base early and looking for another means of getting breakfast from the selection at NAS Whiting Field.

Kristi Linn and the rest of the Commissary staff pride themselves on having a good relationship with their customers and offering the kind of customer service that brings shoppers back each week.

"What we love about our customers is that they know the names of our employees and are really engaging with our staff. It is a two way relationship and we are so thankful for our customers support."

Usage Information			
Total Used	1 Year Ago	Last Month	This Month
1,758,515 kWh			
Total kWh Used	1,734,324	1,703,593	1,758,515
Average Daily kWh	55,946	56,786	56,726
Days In Billing Period	31	30	31

Energy Conservation
Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. Steps taken during the past year by Public Works continue to pay dividends in our energy conservation programs. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

Like us on Facebook

www.facebook.com/naswhitingfield

Follow us on Twitter

@naswf

Take the Pledge During Military Saves Week

By Lt J.G. Bertucci, NAS Whiting Field Public Affairs

Saving money is a key way to bolster your finances for the future, but not everyone does or knows the best way to start saving. The annual Military Saves Campaign is back this year with tips and tricks on how to save money smartly.

The Military Saves Campaign, part of the non-profit Consumer Federation of America (CFA) and a partner in the Department of Defense's Financial Readiness Campaign, seeks to motivate, support, and encourage military families to save money, reduce debt, and build wealth. Fleet and Family have been doing Military Saves Week here at NAS Whiting Field since its inception in 2007.

The Fleet and Family Support Center (FFSC) is kicking off the New Year here at NAS Whiting Field by holding a Military Saves Week starting February 22 to 27. The Center is hosting workshops and classes on personal finance such as Thrift Savings Plan (TSP), home buying, saving and investing, and budget planning. "From a military standpoint it is important to start saving now because financial readiness means military readiness. Military families who start saving for the future and take responsibility over their finances are happier and reduces financial stress," said Eugene Jackson, Financial

Educator of Fleet and Family Support Center. The theme for Military Saves Week is "Set a Goal, Make a Plan, Save Automatically".

The best ways people at NAS Whiting Field can get a head start on this is by visiting www.militarysaves.org to take the pledge or fill out a pledge card that will be



Naval Air Station Whiting Field prepares for Military Saves Month with the signing of the proclamation by NAS Whiting Field Commanding Officer Capt. Todd Bahlau. He designated February as Military Saves Month across the base during the Jan. Department Head meeting. U.S. Navy photo by Jay Cope.

available at the booths during Military Saves Week. The pledge is a call to action that encourages service members and their families to change the way they think about and act towards money. Military families are urged to take the pledge to set a goal, make a plan and save automatically during Military Saves Week and to follow through on that promise all year.

For more information, tips, or advice on Military Saves Week contact the Fleet and Family Support

Center at 850-623-7177.

"The goal for the Fleet and Family Support Center during Military Saves Week is to educate people to be proactive vice reactive with their money when it comes to saving. We want to be able to get families and individuals to change their habits when it comes to spending, to start building wealth and not debt. We want as many people to take the Military Saves Pledge, and just take the pledge but to mean it."

Set a Goal. Make a Plan. Save Automatically.

KEY SAVING STRATEGIES

- 1 Pay off high-interest debt
- 2 Save for emergencies
- 3 Save monthly through direct deposit or an automatic transfer from checking to savings

Take the pledge!

Take the Military Saves pledge at www.militarysaves.org for tips, news, and advice to help you save more successfully.

SECNAV

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Shortly thereafter, BB-31 returned to conducting battle exercises in the Caribbean until the outbreak of World War I. During this time, BB-31 had the opportunity to act as both the flagship for Battleship Division 6, operating out of Ireland, and later, was part of the honor escort for George Washington during its time transporting President Woodrow Wilson to France.

In 1929, it was BB-31's opportunity to have high-ranking officials on her decks when she transported President-elect Herbert Hoover and his official party to Rio de Janeiro.

Two years after this honorable voyage, BB-31 was converted to a mobile target. This allowed it to be controlled by radio gear. It then spent the next nine years training naval aviators in dive, torpedo and high-level bombings. While conducting anti-gunnery exercises in Pearl Harbor, BB-31 was struck by a torpedo and capsized during the initial stages of the Japanese attack. She was struck from the Navy record Nov. 13, 1944 and received a battle star for her service in World War I.

Virginia-class attack submarines provide the Navy with the capabilities required to maintain the nation's undersea supremacy well into the 21st century.

Voting

- (Cont. from Page 2)

emphasized that it is important for "everybody to have their voice heard" by voting. The best resource, he added, for general elections is www.FVAP.gov.

"I trust it more than any other website and it offers step-by-step instructions for requesting absentee ballots."

Keep in mind that several states hold their elections over the next several months, and it may take several weeks for an individual to receive their absentee ballot in the mail. Every state's election office will also be able to provide more information on how to request and return a ballot.

For Florida residents, the process will be simpler. Anyone can find their voting station simply by inquiring at their local post office or by visiting the Florida Department of State website at www.dos.myflorida.com.

They have enhanced stealth, sophisticated surveillance capabilities and special warfare enhancements that will enable them to meet the Navy's multi-mission requirements.

These submarines have the capability to attack targets ashore with highly accurate Tomahawk cruise missiles and conduct covert, long-term surveillance of land areas, littoral waters or other sea-based forces. Other missions include anti-submarine and anti-ship warfare; mine delivery and minefield mapping. They are also designed for special forces delivery and support.

Each Virginia-class submarine is 7,800-tons and 377 feet in length, has a beam of 34 feet, and can operate at more than 25 knots submerged. They are designed with a reactor plant that will not require refueling during the planned life of the ship, reducing lifecycle costs while increasing underway time. The submarine will be built under a unique teaming agreement between General Dynamics Electric Boat (GDEB) and Huntington Ingalls Industries' Newport News Shipbuilding division wherein both companies build certain portions of each submarine and then alternate deliveries. Utah will be delivered by GDEB located in Groton, Connecticut. ✈

com/elections. By following the on-screen instructions, voters can find their voting precinct and location on Election Day. Those stationed at NAS Whiting Field and claiming residency in a different county in Florida may use the site to request an absentee ballot if voting in their home county requires excessive travel.

Throughout the election season, NAS Whiting Field will publish voting information in every major building through the base Morale, Welfare, and Recreation (MWR) to ensure personnel stay informed of proper voting procedures. For more information or help with the voting process, have a representative from your division contact Wright (623-7022/7013 or roland.r.wright@navy.mil). ✈

Alumnus

- (Cont. from Page 4)

and the functioning of the aircraft, and helping to keep the aircraft operating smoothly recharged her interest in the mechanics of flight. A fellow officer with the unit suggested she apply for test pilot school.

Williams graduated the school in 1993 and worked in the Rotary Wing Aircraft Test Directorate as an H-46 Project Officer and V-22 Chase Pilot in the T-2. She also flew test flights in the SH-60B/F as well as seven other aircraft. Her follow-on orders returned her to the Test Directorate, this time as an instructor. In all, she has flown

3,000 flight hours in more than 30 different types of aircraft. She attributes her desire to learn as the characteristic that helped her be accepted into the astronaut training program in 1998.

"You work hard [as a test pilot] to learn the limits of the aircraft and that attitude got me down here to Johnson Space Center," she said. "The curiosity that I displayed in learning about my aircraft is very similar to wanting to know how spacecraft operate."

Over the next eight years, Williams completed the scientific and technical briefings, shuttle and International Space Station systems training, required physiological training, ground school and water and wilderness survival drills that are necessary for all astronauts. She also spent nine days underwater in the Aquarius habitat as a NEEMO2 crew member to experience the difficulties of extreme environments and close quarters.

She launched with the crew of STS-116 on Dec. 9, 2006 as a flight engineer. Williams spent nearly six months on board the International Space Station logging four spacewalks encompassing 29 hours and

17 minutes, setting new benchmarks for female astronauts - records broken a little more than one year later by Astronaut Peggy Whitson. While onboard the space station, her co-worker John Higginbotham cut



Astronaut Sunita L. Williams, STS-116 mission specialist, participates in the mission's third planned session of extravehicular activity (EVA). Photo courtesy of NASA.

her pony tail so that it could be donated to Locks of Love upon their return.

A dedicated fitness advocate, Williams had qualified for the Boston Marathon while Earthbound. She grew up in nearby Needham, Mass., so running the race had been a long-time goal, but her selection for Mission 14/15 superseded her entry. Her sister Dina Pandya ran

in her place along with fellow astronaut Karen Nyberg. Williams kept tabs on her sister while on the station, and using the treadmill there, ran the race with her. She finished in four hours and 24 minutes. She ran the race on Earth the following year.

"We were very active as children. I was a competitive swimmer - it was just a way of life for us. I believe one of the reasons I am here is because we were athletic as kids," she stated. "It is part of a healthier and happier lifestyle and I wanted to highlight that with the marathon."

NASA selected her for another mission five years later, this time as the International Space Station Commander. The mission launched July 14, 2012 from the Baikonur Cosmodrome in Kazakhstan. She spent 127 days in space performing research and repair work on board the laboratory including three more spacewalks. Williams resumed the record for total cumulative spacewalk time by a female astronaut with 50 hours and 40 minutes. With 322 days in space between the two missions, Williams is sixth on the U.S. astronaut endurance list and second for a female.

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Alumnus

- (Cont. from Page 9)



NASA astronaut Sunita Williams is pictured in the Cupola of the International Space Station during rendezvous operations with the uncrewed Japan Aerospace Exploration Agency (JAXA) H-II Transfer Vehicle (HTV-3). Photo Courtesy of NASA.

Having already completed the first marathon in orbit, Williams worked with the NASA team to devise a way to simulate a triathlon in space. The bicycle and run portions were easy, but the team had to devise a workout regimen that simulated swimming. She completed the trial during her time in space and added the first triathlon in orbit to her list of accomplishments.

Williams continues to serve with NASA and is part of the team testing the Space X and the Boeing spacecraft seeking to be used for future missions. The team helps perform critical design reviews of the planned vessel and provides feedback on the controls and displays. The group's members are all former Naval or Air Force test pilots and Williams emphasizes that the work they do is based on the foundation learned through flight training.

As she tries to pave the way for the next generation of astronauts, Williams joked that it is "time to get out of their way."

"It is time to pass on my experience to the companies and to use the skills gained over my career to ensure the next class is ready to go."

As a young flight student, Williams remembered thinking that she thought all the simulator instructors "are old." Now she reflects that she is probably older than they were then. NASA is bringing in the people that will make up future spaceship crews including a new group in 2017. It isn't just pilots, but

SEALs, Navy divers, doctors, electricians, anyone with a science background, and NAS Whiting Field is as good a starting point as any.

"If you can bring innovative solutions to problems or have a career as a leader, there are opportunities in the NASA pipeline. I am not anything spectacular. I am just following a script and having fun. They [flight students] are suited for this if they really want to do it."

Editor's Note: These stories come at a time when NASA is once again seeking candidates for entry into the space program. See http://www.navy.mil/ah_online/frStory.asp?issue=3&id=92423 for additional information

Milton Hosts First Ever PLAY Tournament

By Lt J.G. Bertucci, NAS Whiting Field Public Affairs

Milton residents will enjoy the first ever Pensacola Lacrosse Association for Youth (PLAY) pre-season Scrimmage Jamboree Feb. 6 at the Guy Thompson Center. PLAY is an organization that is dedicated to teaching the fundamentals of lacrosse and preparing boys and girls for the field of competition. This is the first ever youth lacrosse tournament in Milton's history and is helped by NAS Whiting Field members participation including Helicopter Training Squadron 18 (HT-18) Commanding Officer, Lt. Col Rafford Coleman.

Coleman has coached youth lacrosse in the Pensacola area since 2006. Having played lacrosse on the scout team for Rutgers University Coleman's experience and understanding allows him to share his love for the sport with the kids that he coaches.

"Lacrosse is the fastest growing sport in the U.S. especially in the Pensacola area and it is great to be a part of it" Coleman said.

Lacrosse has been gaining momentum as a popular sport in the Panhandle over the past few years and is now coming to Milton thanks to PLAY. For the up-

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SECURITY CORNER



By: Stacy McFadden, NAS Whiting Field Security

Ways of avoiding getting a ticket on Naval Base part II. 1) Watch your speed while driving on base. All roads on Naval Base's have the speed limit posted along the side of the road. Be aware of the slow speed limit when you are entering and exiting the gates. Driving too slowly; impeding the flow of traffic will get you a ticket too. 2) No California rolls at stop signs. A California roll is where you slowly come to a stop sign and keep going without stopping. You should come to a complete stop at stop signs. 3) Yield for vehicles when you come to a yield sign. 4)

Don't drink and drive or drive under the influence of drugs, enough on this. 5) Not wearing protective equipment on motorcycles, scooters and mopeds. 6) Don't follow too close to the vehicle in front of you. 7) Leaving your vehicle running unattended will get you that little pink ticket. 8) Parking in non-parking areas or reserved parking spots. 9) Accidents are sometimes avoidable, but if you're at fault be prepared to receive a ticket. 10) Being uncooperative and belligerence or use of profanity toward a Police Officer (civilian or military) will get you one. Now there are other things that would get you ticket aboard a Naval Base, from loud music to failure to stop for a school bus. If you follow the rules of the road on base as out in town, you should be ok.

FFSC Completes Certification Process

By: Ensign Matthew Hughes, Public Affairs Staff

NAS Whiting Field (NASWF) service members can now be more confident than ever in the programs provided at the base's Fleet and Family Support Center (FFSC). Having completed a certification process administered by the Commander, Navy Installations Command (CNIC) on Dec. 10, 2015, the services offered at FFSC met all of the Department of Defense (DoD) criteria.

To ensure quality programs are offered, the CNIC conducts regular inspections every four years for each FFSC. Doing so ensures personnel have access to the same services at every FFSC, both domestic and international.

Due to the inspection's extensive coverage, FFSC began reviewing their operating procedures and curriculum several months ago. The certification process consisted of both an online and on-site evaluation of all the services FFSC provides, including personal financial management, sexual assault prevention, individual counseling, resume writing, and transition assistance. Over 470 different criteria were inspected by the CNIC within a three day period, and resulted in no necessary corrective actions.

"Because no further corrective actions had to be

made, our certification was not just a success, but an overwhelming success," FFSC Director Sharon Boggs said.

With their current programs certified and standardized by the CNIC, FFSC now has the ability to grow by providing additional services to personnel and their families. Additionally, the staff possess over 100 years of experience between their own active duty service and employment at FFSC, leaving Boggs confident of their capabilities.

"This means when service members on a small base like NASWF walk through our door they can receive the same, and in my opinion better, services as those offered on much larger Navy installations."

Other FFSCs in the region, along with local staff and volunteers, helped make the certification a successful effort by reviewing current policies and procedures. As a token of their appreciation FFSC held an open house in early January where they offered free coffee and donuts to visitors.

Boggs excitedly said, "The staff went above and beyond my expectations and I was amazed at how everyone stepped up to accomplish what was needed, I give them a big Bravo Zulu!"

NAS Whiting Field to Participate in Security Exercise

By: Jay Cope, NAS Whiting Field Public Affairs

Naval Air Station (NAS) Whiting Field, FL - NAS Whiting Field will participate in Solid Curtain-Citadel Shield '16, an Anti-Terrorism/Force Protection (ATFP) exercise that will be conducted on all continental United States Naval installations Feb. 1 - 12.

These annual exercises, coordinated by Commander, U.S. Fleet Forces, and Commander, Navy Installations Command are designed to enhance the training and readiness of Navy security forces to respond to threats against installations and units. The two exercises, each with a distinct focus, stress different areas of the Navy's Anti-Terrorism and crisis management programs to enhance



Security Force personnel respond to a simulated active shooter incident during Solid Curtain/Citadel Shield '15. U.S. Navy photo

the training and readiness of Naval Security Force personnel to respond to and recover from real-world threats.

Measures have been taken to minimize disruptions to normal base and station operations, but there may be times when the exercises cause increased traffic around the base, diversions of normal traffic patterns, and delays in base access.

Military personnel, civilian employees, retirees, family members and visitors should factor in additional time for getting through gates to conduct business aboard the base.

Solid Curtain-Citadel Shield are regularly scheduled exercises and are not being held in response to any specific threat.

PLAY

- (Cont. from Page 10)

coming tournament there will be different age groups playing throughout the day with ages 9 through 17.

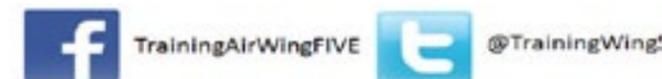
PLAY and NAS Whiting Field share a connection with over five kids participating whose families are attached to NAS Whiting Field as well as many other military youths from the greater Pensacola area. The HT-8 Commanding Officer, Cmdr. J.D. McBryde coaches for one of the lacrosse teams as did former HT-28 Commanding Officer, Lt. Col. Jeffrey Pavelko.

"Coaching youth lacrosse is harder than you would think as you have to be creative in different ways to keep it focused and fun. It is extremely rewarding to have coached this many years and I am really excited to be able bring the sport into the Milton area."

The pre-season Scrimmage Jamboree will start at 10 a.m. in the Guy Thompson Center in Milton with the U9's going first and then every hour after for U11's, U13, U15, and U17 age groups.



The Pensacola Patriots Lacrosse Team play against the Milton Panthers Lacrosse team Feb. 6 2016. Photo courtesy of PLAY.



Congratulations to the VT Solos

VT-2

- ENS Robert Gray
- ENS Joshua Sullivan
- ENS Gabrio Grilli
- ENS Antonello Pisu
- ENS Jacob Felton
- ENS Adrian Lopez
- ENS Terry Yamin
- 2nd Lt Craig Ceein
- 2nd Lt James Narpi
- ENS Michael Buben
- 2nd Lt Corey Muller
- ENS Marissa Tungjuyatham
- LT Nitish Sudhanshu
- ENS Hussain Alkathiri
- ENS Brian Cunningham
- ENS Ren O'Leary
- 1st Lt Ryan Clark
- 2nd Lt Robert Detchon
- 2nd Lt Zachary Colvin

- ENS Michael Blaskovich
- ENS Christopher Clark
- 2nd Lt Daniel Fallon
- LT Ankit Srivastava
- ENS Ty Griffin
- ENS Alex Roth
- 2nd Lt Eric Breault
- 2nd Lt Scott Aquino
- 2nd Lt Timothy Winkler
- ENS Erin Overcash
- 2nd Lt Zachary Brown
- ENS Davide Brugnone
- LTJG Mark Currier

VT-6

- 1st Lt Aidan D. Steele
- ENS Michael J. Humphreys
- ENS Jack C. Nilson
- 1st Lt Megan R. Love
- ENS Matthew C. Huffman

ASIST

Applied Suicide Intervention Skills Training

LivingWorks

16-17 February 2016
Tuesday-Wednesday
0730-1600

Location:
NAS Whiting Field, Atrium Building, Room 169

The ASIST workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop.

Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles and experience powerful videos on suicide intervention. Feel challenged and safe. **Learn suicide first aid.**

Civilians Welcome - No Uniforms

Please Notify Chaplain Services, A862 Ford or Chaplain Assistants of Nonmoms NLT

Thursday, 11 Feb 2016
Office: 950-623-7213
Buy Tickets: Buy.L.Ford@navy.mil
NMI.L.Ford@navy.mil

(E) Seats Available for the following Commands: VF-2, VF-3, VF-4, AF-6, AF-28, and WF-29
(M) Seats Available for CTF-5 and Branch Medical
(S) Seats Available NASAF
Additional seats available for standby list. *Subject to change*

NEW YEARS RESOLUTION

Jan 4th - Jan 31st

FITNESS CHALLENGE

Start 2016 with this "Incentive Program", it will challenge all aspects of your fitness.

Participants complete the following:

- ❖ Attend 1 of our fitness classes
- ❖ Log 5 hours of cardiovascular training on any piece of cardio equipment
- ❖ Complete 1 week of weight training

PRIZES FOR ALL WHO PARTICIPATE

Fitness Challenge begins Monday, Jan 4th challenges must be completed by Jan 31st

Call the Fitness Center at 623-7412